

DAY 7: GRANTS PASS TO MEDFORD

COMMUNITY EVENTS

Medford

Local car clubs set up along the route back into town (everything from Model A's to Mustangs), cheering and rallying riders to the finish line.

Local jazz bands will be on hand to celebrate as riders cross the finish line.

A professional photographer on hand for photos.

Multicultural Fair, downtown Medford.
www.ci.medford.or.us/calendar

Ride The Rogue, Palmerton Park, downtown Rogue River.
www.ridetherogue.com

ODS MAIN STAGE

Main Stage - Medford

10am -1pm:

The Rogue Suspects
(Rock and Blues
"GuitArmageddon")

1-4 pm The Echoes
(Classic Rock)



TODAY'S MENU

Breakfast

Filled Pancake Rolls
Scrambled Eggs
Bacon
7-Grain Hot Cereal with Brown Sugar and Raisins
Bagels, Fruit, Cold Cereal,
Yogurts and Granola

TODAY'S WINNER

While David Lerner gets the "Best Live Performance" award for adapted lyrics ("False Summit Blues" during Karaoke From Hell), our unofficial lyrical winner this year is the song-rewriting duo of Caroline and Virginia.

"I Love Hills and Climbs"

(To the tune of "I Love Rock & Roll")

I saw him standing there by the side of the road
I knew the grade must be about seventeen
My heart was going strong
As I was riding alo-o-ong
And I could tell the hill was long
Cause he was following me, yeah me
And I could tell the hill was long
Cause he was following me, yeah me, singing...

"I love hills and climbs
So put another grade in the profile, baby!
I love hills and climbs
So come and downshift and crank with me!"

In an attempt to fit as many "ads" as possible... short intro.

The One Palindrome

We only had one entry in our Palindrome Challenge (OK, they're really hard to come up with). And it's not a new creation, but it's worth mentioning. You've been riding along with the president and a board member of Tradart, a nonprofit that salvages and operates vocational training programs in junior and senior high schools in Santa Barbara.

Personal Thoughts

Oh Captain, my Captain: Thank you for quite possibly the BEST week of my life.
--Your little stoker

Dad, it's been a treasured experience riding with you on your first CO. After 30 years off a bike you met the challenge. You're amazing! Here's to many more COs.
--Gina Kelley-Smith

To my dad Keith:
Thanks so much for another CO, and pulling me in your draft all this way. You're my hero. --Love, Ginny

Congratulations Mike (rider) and Joyce (support) Green on

45 years of wedded bliss. Time away on the bike makes everything work better.

You rock, Grandpa Mike!
--Love you, Ben and Finn

Leslie, last year this was our honeymoon; this year our 1st anniversary. --Frank

Aike: In kindergarten you made a promise. Now you are biking and dancing with me at CO. Awesome!
--Your dad

Thank-you Thoughts
To Joe, who on Day 3 saved my crank arm from falling off on the hill... thank you! --Becky

Thanks to the two gals who stopped to give me a CO2 blast when I flatted a mile from camp! (And everyone else who offered.)

Big props to Jay and Kelly of Bike Gallery and Dax of Trek for a magnificent loaner to finish the last three days. You all rock! --Mark

Thanks to my Candlelighters family for the wonderful birthday party! When I signed up to help kids with cancer I had no idea I would acquire so many amazing friends. Thanks all! --Penny

SPONSORS



TODAY'S RIDE

On the last day of another successful Cycle Oregon, we'd like to thank each one of the riders - from the staff, the volunteers, the sponsors and especially the communities along the way, thanks for coming along on what many of you have called one of the best COs ever.

And now, about today's route. First of all, a small change: ODS Rest Stop #2 will be at Fiasco Winery, where you'll find a variety of wines along with our usual smorgasbord of goodies and recovery fuel.

You have a choice today; after the initial up-and-over and then a very gradual climb, at mile 27 you can choose--between a hill and a much bigger hill. Let your legs

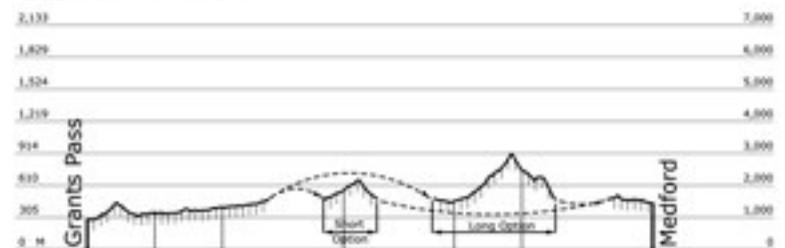


The Applegate Valley--gorgeous in the pioneer days and now.

be your guide. Oh, and there's going to be some fresh chip-seal on the longer route--another stimulus project.

Whichever path you choose, you'll end up in historic and quaint Jacksonville for another rest stop, and then the finish (and lunch) in Medford.

ELEVATION CHART



Day 7 - Grants Pass to Medford 45 Miles - 2,800 Ft. El. Gain 35.9 Miles - 3,960 Ft. El. Gain

NOTES FROM THE ROAD

For today... there's a million stories in the old Tent City.

NOT THAT WE EVER NAME NAMES

Ran into **Patty and Larry** from Portland, who met last year on CO. They had ridden with the same friends, but always on different years. When they finally met... boom. But that's not even the best part of their story. They're riding with 15-20 friends in a loosely affiliated group known as BOC Velo. What does BOC stand for? Well... a few years ago one of the "team" members (we won't give you away, **Rob**) got beat up a hill by someone he apparently thought he shouldn't have. Such was his shame that at the top of the hill he publicly swore off eating potato chips. Then he was caught, greasy-handed, with a BOC one hour later. And the moment lives in infamy.

YOU KNEW BIKING WAS HEALTHY, BUT WOW.

Dick Miller of Portland had a stroke last year after a heart procedure. His doctors subsequently recommended

he try anything he could to recover feeling in his left side. After training and then doing 5 days of Cycle Oregon, he actually has some feeling returning to his left side. He even felt a cramp, and maybe never before has a leg cramp brought so much joy. Congratulations to Dick, and isn't biking amazing?

AND HE SHOULD KNOW, HE'S DONE A FEW

Talked to **Ken** from Team Bainbridge (WA), who has done 17 COs, at a rest stop. He cheerfully nominated 2009 as "one of the best ever." Why? "There's something for everyone," he said. "Hills, flats, descents... and the food and camp site locations have been terrific.

PUBLIC RELATIONS?

Sign seen taped to the motel room of a CO staff member (really, we never name names): "Form Single Line." The notorious CO Sign Team strikes again.



There are welcoming groups, and then there are cheerleaders.



There's nothing like live karaoke to let out your inner Patsy Cline.



And, people, this show isn't done rocking until she is.



If you don't want to sing karaoke, you sure can dance to it.



You gotta love a woman who knows how to handle a Pulaski.



You know, they say a ewe can find her lamb out of a herd of thousands in just a few seconds...



Green and good... the cycling-powered smoothie.



These great volunteers only look like they're on a chain gang.

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